

## 竊取身分證

如果您的銀行或信用卡帳單沒有準時到，  
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竊賊可能竊取或轉移你的帳單，  
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### 如果你已經是身份被盜用的受害者

- 立即聯繫休斯頓警察局：713-884-3131
- 聯繫以下信用報告機構：

Trans Union 1-800-680-7289

[www.tuc.com](http://www.tuc.com)

CSC Fraud 1-800-272-9281

[www.csccredit.com](http://www.csccredit.com)

Equifax 1-800-525-6285

[www.equifax.com](http://www.equifax.com)

Experian 1-888-397-3742

[www.experian.com](http://www.experian.com)

- 聯繫聯邦貿易委員會：1-877-IDTHEFT

- 查看您的信用報告

公平信用報告法（FCRA）要求每一個全國性消費者報告公司免費為您提供您的信用報告的副本，您可每12個月要求一次。

1-877-322-8228

[www.annualcreditreport.com](http://www.annualcreditreport.com)

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4-1

身份被盜用是一種常見的用語，  
用來對所有類型的犯罪中，  
有人非法獲取，冒用他人的個人資料，  
通常為經濟利益，  
以某種方式，涉及欺詐或欺騙手段。  
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## 如何進行身份盜用

- Shoulder Surfing 從旁邊偷看 - 觀看你按電話卡，信用卡，自動取款機之號碼。
- Business Record Theft 偷取業務記錄 - 從企業或機構偷取其客戶，病人，員工僱員等的個人文件。
- Scamming 網絡詐騙 - 假裝合法的公司或政府機構來獲取您的個人信息。這種情況經常通過電子郵件發生。
- Phone Fraud 電話詐騙 - 以別人的名字申請行動電話。
- Skimming 略讀 - 當您購物以信用卡和借卡付費時，盜用者使用一個特殊的數據收集機稱為“略讀機”來竊取信用卡和借卡號碼。
- Dumpster Diving 搜尋垃圾桶 - 搜尋你的垃圾桶或公司的垃圾而獲得丟棄的支票副本，信用卡/銀行賬單或其他記錄。
- Mail Theft 郵件盜竊 - 竊取郵件取得新

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緊急電話 9-1-1

警方非緊急電話

713-884-3131

一般治安信息

請聯繫您的地區警察分局  
(各警察分局電話號碼如下)  
或

打電話給警察公共事務部門，  
713-308-3200

欲了解更多信息，請上網

[www.houstonpolice.org](http://www.houstonpolice.org)

## 休士頓警察局各分局

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Eastside	713-928-4600
Fondren	713-773-7900
Kingwood	281-913-4500
Midwest	832-394-1200
North	281-405-5300
Northeast	713-635-0200
Northwest	713-744-0900
South Central	832-394-0200
Southeast	713-731-5000
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# 竊取 身分證



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辦公室

的信用卡，銀行或信用卡帳單，報稅資料，並且偽造更改其地址。

- Steal Wallet or Purse 偷錢包或手提包 - 盜取您的錢包或手提包從而獲取的您的個人資料。
- The Information Highway 信息高速公路 - 從互聯網上分享的資料偷取您個人的資料。
- Spoofing and Phishing 欺騙和釣魚 - 當小偷以類似合法企業設立酷似網站警告消費者，稱消費者的帳戶即將到期或已被非法訪問來誘騙消費者發送電子郵件輸入自己的個人資料。

## 身份被盜用的警訊

- 每月的信用卡和銀行對帳單突然停止抵達。
- 申請的信貸被退回的原因，不符合您的實際財務狀況。
- 開始收到不認識公司的帳單。
- 您接到討債公司或債權人的討債電話，而那是一個不屬於您的債務或者是最新的帳戶。
- 察覺信用報告中有不尋常的進出項目。
- 財務報表顯示，帳戶有您沒有授權的提款。
- 信貸公司通知您關於您被批准或拒絕貸款，而您並沒有申請。或者您收到您沒申請的信用卡。

## 防止身份被盜用

- 保護您的社會安全號碼。請記住這是最

重要的一步。社會安全號碼是你的信用報告和銀行帳戶的關鍵號碼。只有在絕對必要的時候才能提供。

- 攜帶最少的個人財務資料及信用卡。記住密碼和PIN碼，而不是隨身攜帶。
- 將個人財務資料存放在家裏的隱密安全地點。印有個人資料的文件要丟掉之前一定要切碎。
- 個人的敏感資料不要隨便給其他人。請記住，大多數合法公司不會要求您提供社會安全號碼或銀行帳戶號碼。
- 用銀行ATM或用電話卡打長途電話，輸入密碼時要遮住你的手。記得拿走您的信用卡和ATM收據單。切碎，然後才扔掉。
- 到您的銀行拿新支票或重新發行的信用卡，而不是讓它們送到家。不要將駕駛執照號碼或社會安全號碼印在支票上。
- 每年檢查您的信用報告，以確定信用卡是否有不尋常的活動跡象。
- 盡量不要暴露您的社會安全號碼和個人資料給其他人。
- 只有在絕對必要，否則不要將個人資料給其他人。
- 不要通過電話，互聯網或通過郵件將社會安全號碼和個人資料給其他人，除非你主動接觸或確定公司是值得信任。
- 錢包裏的文件都要有備份。
- 從安全的地方寄出付費的信件。不要把它們放在會被竊取的郵箱。

## Bridge work will close Northwest Freeway this weekend

By Rebecca Hennes

U.S. 290 road closures will begin Friday night and go through early Monday as crews place the first beams for a new bridge at Texas 6 and FM 1960. Police will be on site to assist with traffic control, but motorists should expect delays and are encouraged to use alternate routes, the Texas Department of Transportation said. The following sections will be closed from 8 p.m. Friday, Oct. 12, until 5 a.m. Monday, Oct. 15:

- U.S. 290 eastbound mainlanes at Huffmeister. Detour to the eastbound frontage road and re-enter the mainlanes after Texas 6/F.M. 1960.
- U.S. 290 westbound mainlanes at West Road. Detour to the westbound frontage road and re-enter the mainlanes after F.M. 1960.
- U.S. 290 eastbound Telge entrance ramp

and the U.S. 290 eastbound exit ramp to Texas 6/F.M. 1960. Detour to the entrance ramp from Texas 6/F.M. 1960 and the exit ramp to Eldridge Parkway.

- Texas 6 northbound under US 290. Detour right on the U.S. 290 eastbound frontage road, U-turn at Eldridge to U.S. 290 westbound frontage road to Texas 6/F.M. 1960.
- F.M. 1960 southbound at Wortham Boulevard. Detour right on Wortham Boulevard, left on Wortham Center Drive, right on U.S. 290 westbound frontage road, U-turn at Huffmeister to U.S. 290 eastbound frontage road to Texas 6/F.M. 1960.
- Alternate lane of the U.S. 290 westbound frontage road from Texas 6/F.M. 1960 exit ramp to Wortham Center Drive. The Northwest Freeway eastbound frontage road at Texas 6/F.M. 1960 will be closed from midnight Saturday through 5 a.m. Monday, Oct. 15. Motorists will be detoured right on Texas 6, U-turn at Hempstead to Texas 6 northbound frontage road, then right on U.S. 290 eastbound frontage road.



Traffic jams in the north- and southbound lanes south of U.S. 290 around Cypress will be common this weekend, as crews begin placing the first beams of the new bridge at Texas 6 and FM 1960. The project will be similar to the Barker Cypress overpass shown above.

## Food fight: Houston restaurants welcome Cruz and O'Rourke

As midterm elections on November 6 near, the high-profile Senate race between incumbent Ted Cruz and challenger Beto O'Rourke keeps heating up

And now the competition has reached foodie level with a Whataburger mural popping up in East Downtown in tribute to O'Rourke and to his love of the fast food chain. On the city's West Side, the marquee at a restaurant displays a message welcoming Cruz to dine at the Italian eatery.

Thursday, O'Rourke took to Instagram to share of photo of an exterior wall of an East Downtown building adorned with a replica of a small plastic orange and white Whataburger order tent, including the word "Whatabeto" on top and the No. 18, for the election year 2018, as the order number.

The mural was painted by Gage Kelsey, the local artist who is behind several works in town, including The Lone Wolf mural on the corner of a building located at Hutchins and Polk.

O'Rourke showed his love for Whataburger in August when he skateboarded in the parking lot of an Austin locale as a group of his supporters chanted his name, and then feasted on a triple meat burger.

Meanwhile, the eye-catching marquee in front of Italian restaurant George's Pastaria proudly reads, "Ted Cruz you can eat here."



The high-profile Senate race between incumbent Ted Cruz and challenger Beto O'Rourke keeps heating up. (Tom Fox/The Dallas Morning News via AP, Pool, File)



# 每天早晨，美好味道



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# Editor's Choice



Traders work on the floor of the New York Stock Exchange (NYSE) in New York, U.S., October 12, 2018. REUTERS/Brendan McDermid TPX IMAGES OF THE DAY



A man looks at electronic boards showing Japan's Nikkei average and Dow Jones Industrial Average outside a brokerage in Tokyo



Sarah Ferguson, Duchess of York, arrives for the royal wedding of Princess Eugenie and Jack Brooksbank at St George's Chapel in Windsor Castle, Windsor



MEP member Sonneborn in a mock-up Wehrmacht uniform is blocked by security and police to enter a book presentation of Hoecke of Germany's AFD party at the Frankfurt Book Fair



An American flag flies amongst rubble left in the aftermath of Hurricane Michael in Mexico Beach



U.S. President Donald Trump speaks about Hurricane Michael during signing ceremony for the "Save Our Seas Act of 2018" at the White House in Washington



2018 American Music Awards – Arrivals – Los Angeles, California, U.S., 09/10/2018 – Taylor Swift poses. REUTERS/Mike Blake TPX IMAGES OF THE DAY



Zilu Wang CHN performs in the Rhythmic Gymnastics Individual All-Around Qualification Subdivision 1 - Rotation 2 in the America Pavilion, Youth Olympic Park. The Youth Olympic Games, Buenos Aires, Argentina, Tuesday 9th October 2018. Jed Leicester for OIS/IOC/Handout via REUTERS ATTENTION EDITORS -



Julia Payne, a 2-year-old girl from Batavia, is being treated at Lurie Children's Hospital in Chicago for acute flaccid myelitis, a rare condition that causes inflammation in the spinal cord area. (WGN-TV) It seemed like a 2-year-old girl from the Chicago area (Batavia) had the same cold as her sisters until her health took a drastic turn, leaving her unable to breathe on her own and paralyzing her, her family wrote on social media.

For the past three weeks, toddler Julia Payne has been treated at Lurie Children's Hospital in Chicago where she was recently diagnosed with acute flaccid myelitis, a rare but serious condition that causes inflammation in the spinal cord area that directly affects a person's muscles. To date, officials say they believe mostly children have been affected; and while the causes vary, there's no known cure.

The Tribune couldn't reach the family, but her parents have taken to Facebook to chronicle the medical ordeal and have spoken out "to spread awareness of this crazy, rare, scary disease," Katie Payne, the girl's mother, told WGN-TV.

"We want research. We want what happened to Julia not to happen to anyone else," she told the television station.

Across the state, there have been nine recent cases of people younger than 18 years old who have been clinically diagnosed with acute flaccid myelitis. Last month, the Illinois Department of Public Health sent an alert to health care providers about AFM.

Since 2015, there had been four cases in Illinois, according to the health department. The Minnesota Department of Health put out an alert last week, stating that six cases have been reported in children across that state over the past several weeks.

Since the Centers for Disease Control and Prevention began tracking AFM in 2014, 362 cases have been reported across the country, there have been at least 38 cases so far this year in 16 states, according to the agency's website. Last year, one person diagnosed with AFM died, but the CDC does not know what role the illness played in the death.

Dr. Marcelo Malakooti, the medical director for the pediatric intensive care unit at Lurie

## Doctors Say Illness Is Similar To Polio- Nine Recent Cases Reported In Illinois

# Girl From Chicago Area Treated For Rare Disease

Compiled And Edited By John T. Robbins, Southern Daily Editor

Children's Hospital, said doctors immediately put Julia on a ventilator to help her breathe; the toddler would later undergo an MRI and was put on antibiotics. It wasn't until doctors forwarded lab test results to the CDC that their suspicions were confirmed: The girl had AFM.

Doctors at Lurie had suspected the girl had AFM based on the timeline of when she started to experience muscle weakness, Malakooti said. Her symptoms were noticeable after the girl had a prolonged cold, he said. Other signs of AFM include facial droop, difficulty moving the eyes, difficult swallowing and slurred speech, according to Illinois public health officials.



Doctors say Julia contracted what's known as an enterovirus, and that caused AFM. Four years ago, a nationwide increase in AFM cases coincided with a national outbreak of severe respiratory illness caused by enterovirus D68 or EV-D68, according to the CDC. While anyone can fall ill and recover from enterovirus, Malakooti and other medical experts say children's bodies react differently to it.

"It's very hard to understand which kids are going to react this way and which aren't," Lurie's Malakooti said.

Marc Patterson, a neurologist at the Mayo Clinic, said the CDC has taken the lead in examining and researching the spike in cases since 2014. There isn't a specific treatment, Patterson said, but hospitals offer supportive care including physical therapy. In the most severe cases, surgery could be required to get the limbs to function again, Patterson said. The condition has been compared to polio because the condition can lead to paralysis.

Mark Schleiss, a professor of pediatrics at the University of Minnesota Medical School, said polio stems from a different branch of enteroviruses than AFM.

Other causes of AFM have been linked to environmental toxins, genetic disorders and viruses similar to the West Nile virus, according to Illinois public health officials.

Patterson and Schleiss said one of the most important preventive steps is regular hand-washing.



Malakooti said AFM is so rare that parents shouldn't become alarmed. But parents should pay close attention and watch for signs after a child has a cold. Parents should seek immediate medical attention if a child starts to show signs of developing the symptoms such as weakness.

Julia hasn't had to undergo any surgeries, but doctors did do a type of dialysis to clear out her blood, Malakooti said. She is expected to be transferred as soon as this week to a rehabilitation center to continue physical therapy. While her health is improving, she still needs a ventilator to breathe, and she will have to deal with prolonged weakness, Malakooti said.

Still, the girl appears to be in good spirits. A video posted by her family on Facebook recently showed her small hand waving at the camera.

"She's a happy, smiley little 2-year-old," Malakooti said. (Courtesy <http://www.chicagotribune.com>)

### Related

#### Six Minnesota children diagnosed with rare, polio-like disorder

State health officials have issued an alert to doctors after six Minnesota children were diagnosed with a rare, polio-like disorder that causes reduced mobility or paralysis in the arms and legs.

All six cases of acute flaccid myelitis, or AFM, have been reported since Sep. 20, prompting the Minnesota Department of Health to ask doctors to be on the lookout for the disorder, which has severe consequences but mysterious origins.



sults. Ehresmann said it's the "constellation of symptoms" that ties them together.

Elaine Young's 4-year-old son, Orville, was perhaps the first child to suffer AFM in the Minnesota cluster. He felt typical cold symptoms in July, which quickly gave way to immobility in his legs and paralysis in his upper right arm. Limited muscular activity in his diaphragm also restricted his breathing, at first, which can be a fatal complication of AFM.



Young said doctors delivered a diagnosis fairly rapidly after initially ruling out a stroke when she took Orville to the University of Minnesota Masonic Children's Hospital, where a neurologist had written a paper on AFM. But, confronting one of the first Minnesota cases, she had to find out what to do next on her own, she said, and found her way to Gillette Children's Specialty Services in St. Paul.

Physical rehabilitation combined with electrical muscular stimulation there over the past two months helped Orville regain 90 percent of his leg function. The top half of his right arm remains immobile, though.

"It definitely affected me and his father much more, emotionally, at least, because we can see into his future," Young said. "When you're 4 ... every time you wake up it's a big new change. So losing the use of your arm? He said: 'I can't give really good hugs anymore, but I'm doing all of my exercises!'"



The CDC has been collaborating with researchers nationally to understand AFM, to estimate how many cases occurred before 2014, and to determine why cases increased substantially starting that year.

The Health Department did not disclose the identities of people in the current cluster. The parents contacted the Star Tribune directly, hoping that news coverage would prompt parents to take precautions and doctors and hospitals to identify the condition quickly when they encounter it. (Courtesy <http://www.chicagotribune.com>)

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Deported Parents May Lose Kids To Adoption: Report

Compiled And Edited By John T. Robbins, Southern Daily Editor



As the deportees were led off the plane onto the steamy San Salvador tarmac, an anguished Araceli Ramos Bonilla burst into tears, her face contorted with pain: "They want to steal my daughter!"

It had been 10 weeks since Ramos had last held her 2-year-old, Alexa. Ten weeks since she was arrested crossing the border into Texas and U.S. immigration authorities seized her daughter and told her she would never see the girl again.

What followed — one foster family's initially successful attempt to win full custody of Alexa — reveals what could happen to some of the infants, children and teens taken from their families at the border under a Trump administration policy earlier this year. The "zero-tolerance" crackdown ended in June, but hundreds of children remain in detention, shelters or foster care and U.S. officials say more than 200 are not eligible for reunification or release.

Federal officials insist they are reuniting families and will continue to do so. But an Associated Press investigation drawing on hundreds of court documents, immigration records and interviews in the U.S. and Central America identified holes in the system that allow state court judges to grant custody of migrant children to American families — without notifying their parents.

And today, with hundreds of those mothers and fathers deported thousands of miles away, the risk has grown exponentially.

Araceli Ramos holds her 5-year-old daughter, Alexa, in San Miguel, El Salvador. (AP Photo/Rebecca Blackwell)

States usually seal child custody cases, and the federal agencies overseeing the migrant children don't track how often state court judges allow these kids to be given up for adoption. But by providing a child's name and birthdate to the specific district, probate or circuit court involved, the AP found that it's sometimes possible to track these children.

Alexa's case began in November 2015 under the Obama administration, years before Trump's family-separation policy rolled out. Her 15-month separation from her mother exposes the fragile legal standing of children un-

der the care of the federal Office of Refugee Resettlement and a flawed, piecemeal system that can change the course of a child's life. It took 28 minutes for a judge in a rural courthouse near Lake Michigan to grant Alexa's foster parents, Sherri and Kory Barr, temporary guardianship. Alexa's mother and the little girl's immigration attorney were not even notified about the proceedings.

Based on their experiences with Alexa, the Barrs had become convinced that Alexa's mom was a bad mother and that the little girl would be abused if she were reunited with her. "My wife and I are sick over this," Kory Barr told the judge, who wished him good luck as he granted the foster parents' request two days after Christmas.



Five-year-old Alexa laughs with her mother, Araceli Ramos, while riding a merry-go-round at a park in San Miguel, El Salvador. (AP Photo/Rebecca Blackwell)

The federal system that had custody of Alexa says the state courts never should have allowed foster parents to get that far, no matter how good their intentions. But each state court system, from New York to California, runs wardship and adoption proceedings differently — and sometimes there are even variations between counties.

In Missouri, an American couple managed to permanently adopt a baby whose Guatemalan mother had been picked up in an immigration raid. That seven-year legal battle terminating the mother's parental rights ended in 2014. In Nebraska, another Guatemalan mother prevailed and got her kids back, but it took five years and over \$1 million in donated legal work.

The Office of Refugee Resettlement and Bethany Christian Services, the agency that placed Alexa in foster care, would not comment on her case. But Bethany said foster parents are informed they're not allowed to adopt migrant children.



Chris Palusky, President and CEO of Bethany Christian Services, one of the nation's largest adoption agencies. (AP Photo/Paul Sancya)

Since the 1980s, however, Bethany acknowledged that nine of the 500 migrant children assigned to its foster program have been adopted by American families. The children, ages 3 to 18, were adopted after it was determined it wouldn't be safe or possible for them to go back to their families; at least one asked to be adopted by his foster parents, and another was a trafficking victim, Bethany said.

"We never want families to be separated," Bethany CEO Chris Palusky said. "That's what we're about, is bringing families together." John Sandweg, who headed U.S. Immigration and Customs Enforcement under the Obama administration, said he worries that many more migrant children recently taken from their families may never see them again. "We have the kids in the U.S. and the parents down in Central America, and now they'll bring all these child welfare agencies into play," Sandweg said. "It's just a recipe for disaster."

In Ramos' darkest days, she would lay on her bed, stare at the ceiling and sob, her hand on her stomach. "This girl, she was here, in my womb," she said. "We are meant to be together. Always." Alexa's mother was born in the middle of a bloody civil war in El Salvador that gave way to violent street crime. She was pregnant at 13; that daughter was raised by grandparents.

Araceli Ramos sheds a tear as she describes her battle to be reunited with her 5-year-old daughter. (AP Photo/Rebecca Blackwell)

Starting at age 19, Ramos had four sons with another man over the course of a decade, followed by the arrival of Alexa in 2013. She and her daughter looked alike — both bright-eyed, with dark hair framing their smooth skin. It was after the children's father found another woman that the abuse began, Ramos said.

"The worst time was when he kicked me so hard it left a bruise and it never went away," she later told an asylum officer. Without

makeup, a dent in the center of her forehead is apparent.

Ramos went to a shelter, but said she became increasingly convinced that her former partner would track her down and kill her. She applied for a U.S. visa, she said, but got nowhere.

During a custody battle in their home city of San Miguel, Ramos said her children's father filed false police reports, including one alleging that she encouraged a 17-year-old girl to have sex with an adult. With the help of his own mother, who told authorities her son had made up the accusations, she successfully cleared her name and the cases were dropped. Yet it was that information — later deemed "outdated and unsubstantiated" by the U.S. Justice Department — that was used in a Michigan court as support for the argument that Alexa should be permanently separated from her mother.



People eat inside a popular pupuseria, a restaurant serving traditional Salvadoran tortillas stuffed with savory fillings, in San Miguel, El Salvador. (AP Photo/Rebecca Blackwell)

Ramos scraped together \$6,000 to pay a smuggler who could help her escape from the man she said warned her she'd "never be at peace." On the monthlong, 1,500-mile pilgrimage, she carried Alexa, a change of clothes, diapers, cookies, juice and water.

The toddler was exhausted by the journey. She slumped for days in a backpack carrier when they walked, and dozed and fidgeted when they traveled by car. When she was sleepy and agitated, she insisted on being cradled in her mother's arms.

After crossing the Rio Grande near Roma, Texas, Ramos and her 2-year-old were arrested by U.S. Customs and Border Protection. Their ordeal appeared nearly over, since do-

mestic violence was then considered grounds for asylum.

In El Salvador, Ramos might earn \$5 a day selling clothes or waitressing. In the U.S., she could earn more than that in an hour. Ramos yearned for a new beginning.

It took less than an hour for her hopes to shatter. The border agent screening her records spotted a red flag: She was a criminal, he said, charged in El Salvador. Alexa, crying, was pulled from her mother's arms.

"They told me I would never see her again," Ramos recalled.

Ramos said she begged agents to send Alexa to friends in Texas, but said they gave up when two calls went unanswered.

The departments of Homeland Security and Health and Human Services have not disputed that events could unfold that way in the federal system. DHS spokeswoman Katie Waldman said Tuesday that the agency had not yet been able to investigate Ramos' claims, but "takes seriously our responsibility for those in our custody."

Three days after Ramos' separation from her daughter, court records show, the U.S. government labeled Alexa an "unaccompanied minor," which meant she entered the bureaucracy for migrant youth, typically teens, who arrive in the U.S. alone. The toddler was issued a notice to appear on "a date to be set, at a time to be set, to show why you should not be removed from the United States."



Alexa, 5, wears shoes depicting characters from Disney's "Frozen" movie. (AP Photo/Rebecca Blackwell)

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**中國中醫療法：武醫“少林秘功”**

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“無花果”原產阿拉伯南部，自唐代傳入中國。《本草綱目》載：“無花果味甘平，無毒，主開胃、止洩痢、治五痔、咽喉痛”。中醫認為，無花果性平，味甘，入肺、脾、大腸經，有健脾清腸、清熱潤肺、通經下乳的作用。無花果以往是一種小眾水果，市場上並不多見，但是近年各地果農增加種植，加上貨運物流的配合，現時新鮮無花果，在香港已經很容易入手，加上8月至10月是無花果的當造時刻，今期就為大家介紹幾款無花果的養生菜。 文、圖：小松本太太

# “無花果”性平味甘 健脾清腸 清熱潤肺

無花果雖個頭小，但作用很大，它含有蛋白酶、水解酶等物質，可以促進口腔分泌過多的唾液。所以，適量食用無花果能促進食慾，中醫認為無花果能潤肺。無花果，因為它的果實含有補骨脂素、佛柑內酯等活性成分，它們具有增強機體抗病能力的作用。它含有大量的纖維素、維生素C、葡萄糖、果糖、蔗糖、蛋白質等物質之外，還含有諸多酶，如澱粉化糖酶、脂肪酶、蛋白酶等，這些酶類具有促進腸道的功能；而脂肪酶、水解酶，可分解脂肪，從而減少脂肪在血管內沉積，這樣就起到降血壓的作用。新鮮無花果吃起來很軟糯，還有很多藥用價值。

20世紀80年代初，中外醫藥專家、營養保健專家對無花果的藥用價值開始研究，據測定，無花果含葡萄糖、果糖、蔗糖、檸檬酸、蘋果酸以及蛋白質、維生素C和鈣、磷、鐵等多種營養成分，是一種果藥兼用植物，因此還被授予“21世紀人類健康的守護神”的美譽。無花果既可鮮食，又可加工成果醬、茶飲和果乾，有促進食慾、降血壓、增強機體抗病能力的作用、促進腸道功能、降血脂、潤肺利咽等養生功效。

## 綠茶無花果

材料：  
乾無花果 100克  
綠茶粉 1克  
暖水（80℃度） 200毫升

製法：  
1. 乾無花果放入容器內，灑上綠茶粉；  
2. 將暖水注入容器內與材料拌勻；  
3. 蓋上容器，放入冰箱浸漬8小時，即成。

\*\*可隨意加入20毫升威士忌，增加風味。



■無花果養生菜

## 銀耳腰果燉鮮無花果

材料：  
銀耳 5克  
生腰果 10克  
鮮無花果 2個  
雞胸肉 200克  
煙肉 50克  
水 500毫升

製法：  
1. 銀耳浸軟，瀝乾，備用；  
2. 鮮無花果去皮，備用；  
3. 雞胸肉去掉皮及脂肪，切片備用；  
4. 水注入鍋內燒至沸騰後調至小火，讓水溫稍降至只在鍋底冒泡時加入切妥的雞胸肉；  
5. 雞肉顏色轉白後撈出，保留煮汁；  
6. 用隔篩隔取煮汁備用；  
7. 將浸妥銀耳、已去皮鮮無花果、腰果及煙肉放入燉盅內；  
8. 煮汁注入燉盅內，蓋好；  
9. 墊一張廚房紙入鍋內，放入盛妥材料的燉盅；  
10. 把一張沾濕的烘焙紙覆在燉盅上；  
11. 注入沸水至鍋內，蓋上鍋蓋，大火燒至再沸騰後轉小火燉4小時即成。

\*\*燉煮期間，注意鍋內水分，若不足時，要加入沸水。



## 無花果煎秋鮭

材料：  
三文魚 250克  
鹽 2.5克  
鮮無花果 1個  
橄欖油 2湯匙

製法：  
1. 三文魚，洗淨，吸乾水分，在魚的兩面灑上鹽，靜置20分鐘；  
2. 鹽溶化後，以清水沖洗乾淨魚身，吸乾水分備用；  
3. 新鮮無花果洗淨，切開放入食物袋內，注入1湯匙橄欖油，拴上食物袋口，用手從袋外將無花果及橄欖油揉搓成果泥狀醃料；  
4. 將沖淨吸乾水分備用的三文魚，放入果泥狀醃料內醃30分鐘；  
5. 燒熱易潔平底鍋，下橄欖油1湯匙，將三文魚煎熟後取出；  
6. 將剩下的果泥狀醃料倒入煎魚的易潔罐內，以中火加熱至濃稠成醬汁；  
7. 把煎熟的三文魚及醬汁盛盤即成。



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中國人講究“不時不食”，在這個“金秋時節北風起，正是菊黃蟹肥時”的季節，鮮美的螃蟹吸引了無數“饕餮客”前赴後繼。盛產於江蘇省陽澄湖的大閘蟹，在吃蟹領域一直是獨佔鰲頭，如今大小餐廳都紛紛推出相關菜式。事實上，不同地區有不同的螃蟹產出。作為中國擁有最長海岸線的省份，廣東省擁有很多海灘海島，海產更層出不窮，各種肥美螃蟹數之不盡，烹飪方式更是花樣百出，可謂各種滋味無“蟹”不可擊。

香港文匯報記者 黃寶儀 廣東報道

蟹遍

金秋南國多少舌上風流?

廣東海產數之不盡 “饕餮客”紛至沓來



南沙黃油蟹 金黃蟹膏“肥到流油”

自古以來，吃蟹與飲酒、賞菊、賦詩，都是金秋的風流韻事。“環境、水質、陽光”，則是評價螃蟹優劣必不可少三大因素。在廣州，要想吃到最新鮮、最肥美的蟹，南沙應當是最好的選擇，鹹淡水交界，陽光燦爛，水質與生態環境在整個廣東都是不可複製的。

“哇，肥到流油！”遊客們捧着新鮮出爐的黃油蟹，打開蟹殼，金黃的蟹膏已教人垂涎三尺。

“蟹中之王”享譽南國

黃油蟹是粵港澳等地近期新興食用的名貴蟹種，享譽南國，有“蟹中之王”的美稱。黃油蟹的前身是膏蟹，屬青蟹雌性，所以其外表無異於膏蟹。不同之處是蒸熟的蟹身顏色介乎紅色與黃色之間，蟹蓋、蟹爪關節處均可透見黃色油脂。

其實，黃油蟹是過度肥胖的產物。

據說，黃油蟹小時候被漁民稱為奄仔蟹，正常的奄仔蟹成年後，就會進行交配，順利成長為餐桌上常見的膏蟹。少數肥過了頭的奄仔蟹膏油積聚過多，無法完成重殼、脫殼的過程，少了一輪發育過程，於是就成了黃油蟹。但是，這種變異可遇不可求，據統計概率不超過1%！由於黃油蟹的產量及質量直接受養育環境和天氣影響，加上生產期不長，更顯彌足珍貴，在港澳等地往往賣到七八百港元一隻。

隨着科技發展和條件成熟，黃油蟹的成長已不完全是“靠天吃飯”，可以用人工仿野生條件進行養殖，讓黃油蟹的產量提高。據悉，每到農曆六月至八月，在南沙龍穴島的珠江入海口處，在鹹淡水交界的水質和猛烈的夏末陽光雙重滋養下，南沙黃油蟹產量便多起來。

“不時不食，不鮮不食！”黃油蟹如今正合時，如何挑選一隻上好的



黃油蟹膏“肥到流油”！網上圖片

鮮美的南沙黃油蟹吸引無數“饕餮客”紛至沓來。受訪者供圖

黃油蟹呢？有經驗的食客會選擇蟹身呈現橙黃色、蟹腳關節金黃、掩位鼓脹且用手按掩位感覺微軟，這是膏都化油了的標誌。

把蟹凍暈凝結油脂

在南沙吃黃油蟹，店家首先會推薦清蒸，這樣最能保持黃油蟹的原汁原味，吃起來肉嫩味鮮。有經驗的大



廚還會把黃油蟹放在冰裡面冷凍十幾分鐘，這樣就可以把蟹凍暈，凝結其油脂，蒸的時候就不會讓香味和油脂流失。

除了清蒸，南沙的食店還進行了多種創新，用黃油蟹做出咖喱蟹、避風塘炒肉蟹、生炒胡椒蟹、啫啫蟹煲等吃法，地道的港式味道和異域風味，讓食客的味蕾煥然一新。



台山青蟹

國家地理標誌海產

廣東台山是水產品養殖大市，境內魚、蝦、蟹、貝類樣樣俱全，尤其是鰻魚、生蠔久負盛名。近幾年，台山青蟹養殖業異軍突起，憑藉得天獨厚的自然條件，在業內漸有名聲，流傳着“在廣東吃蟹，以台山蟹最為味美”。

台山青蟹養殖最早可追溯到清光緒年間，而大規模養殖自世紀80年代開始，又以都斛鎮一帶最多。都斛鎮地處黃茅海與西江水相接的鹹淡水交界處，北有古兜山脈自然屏障，土壤礦物質多、硒元素高。憑藉得天獨厚的自然環境、優越的水熱條件，都斛鎮養殖出來的青蟹光澤透亮、肥滿度高、肉質白嫩鮮美、蟹膏清甜香滑。

採新鮮餌料減少得病

台山盛產的優質青蟹，包括奄仔蟹、膏蟹、肉蟹和水蟹，其中以奄仔蟹、膏蟹、肉蟹最為出名。台山青蟹的品牌特色逐步顯露，成功獲評國家地理標誌農產品，也是廣東省目前唯



台山盛產優質青蟹。網上圖片

一的海產品成為國家地理標誌。

當地蟹農介紹，除了水質、生態養殖外，獨特的餌料也是台山青蟹出眾的原因。原來，其他地方餵養青蟹用的是魚蝦、螺蚶肉等，一放到鹹水裡很快就死掉，導致青蟹吃的都是腐肉，台山青蟹吃的，則是一種叫米蚬的海水養殖品種。米蚬學名為紅肉藍蛤，生產周期短，一般放養2至5個月就可收穫。更重要的是，米蚬放到鹹水裡最少可以存活10多天，這樣既保證青蟹吃到的都是新鮮的餌料，而且也不容易得病，且米蚬肉味鮮美，營養豐富，是養殖青蟹、對蝦等的良好餌料。



中山崖口蟹

體形魁梧 肉多殼薄

珠江口伶仃洋畔，中山市東南部，有一個海邊村莊依山面海，漁村風光，是廣東省內一絕，聲名遠播，這就是中山市南朗鎮崖口村。這個有農田有灘塗有海鮮的古村，每逢周末都吸引了無數遊客前來。除了景色獨特優美，這裡還有十分出名的肥美“崖口蟹”，現在正是大量上市的時候。

崖口村是南朗青蟹養殖最為集中的地方，附近有珠江、橫門水道、逸仙水庫、長江水庫等水源，它們排放的淡水，與珠江口漲退的海水鹹潮日復一日地交互融合，為崖口村的青蟹圍壟混養圈定了得天獨厚的生長環境。因此，所產的青蟹肉質肥美、體形魁梧、肉多殼薄，享譽珠三角。

在南朗，靠海吃海的人們依託豐富的漁業資源，在被紅樹林包圍的華山圍南堤逐步形成崖口“海鮮一條街”，享有鹹淡水海鮮美食之鄉的美譽，各種生猛海鮮讓人看得眼花繚亂，口水直流。

其實，在中山崖口，吃蟹是不分季節的，什麼時候都好吃。行家解釋說，



中山“崖口蟹”肉多殼薄。香港文匯報廣州傳真

五月至十月是吃蟹的好時節，因為一隻青蟹從幼體長成成年蟹，要經10多次的蛻變過程，每蛻殼一次長大一次，全程6到8個月。就在青蟹脫殼的這一過程中，產出了市面上的水蟹、肉蟹、膏蟹、黃油蟹、重皮蟹等不同的品種。

南海休漁期結束後，一大波海鮮已經在路上，其中就包括崖口大水蟹。據介紹，與圍養的水蟹不同，從海上捕撈的水蟹個頭都比較大，通常在七八兩至一斤左右，個頭再大一點的接近兩斤的也有，所以稱之為“大水蟹”，又名“青頭公”。由於水蟹的蟹肉多、肉質結實鮮甜且自帶水蟹的鹹鮮味，只需要最簡單的清蒸就讓人欲罷不能。

吃螃蟹五忌三不配

螃蟹五不吃：

- 1. 不吃死螃蟹：螃蟹瀕臨死亡時體內會分泌一種有毒物質“組胺”，死後的蟹肉也會迅速腐敗變質，滋生其他細菌。
2. 不吃蟹腮：打開蟹殼就可以看到的，分佈在兩側的軟毛，是蟹的呼吸器官，全部揪掉即可。
3. 不吃蟹胃：形如三角形的骨質小包，也叫蟹泡，內有污沙。
4. 不吃蟹心：小小軟軟的白色薄片，蟹中最寒的地方。
5. 不吃蟹腸：掰開蟹臍的時候，底部帶有黑色線狀。

螃蟹三不配：

- 1. 不配冷飲：螃蟹本身性寒，與冷飲同食，會加重胃寒的情況，導致腹瀉。
2. 不配柿子：螃蟹體內含有豐富的蛋白質，與柿子的鞣質（多元酚類化合物）相結合容易沉澱，凝固成不易消化的物質。
3. 不配茶水：茶水裡同樣含有大量鞣質，因此吃蟹時和吃蟹後1小時內最好不要飲茶水。



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中山崖口村：從深圳灣口岸出發，上廣深沿江高速，經莞佛高速、廣澳高速到翠亨大道，隨後沿着敦和街前進即可，全程約1小時30分。

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▲ 節目截圖

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## 美南電視本周節目單

星期時間	MON. 15	TUE. 16	WED. 17	THU. 18	FRI. 19	SAT. 20	SUN. 21
00:00-00:30	中國文藝(重播)	美南新聞 / 台灣新聞 / 國際新聞 / 大陸新聞					地理·中國(重播)
00:30-01:00							明星加油站(重播)
01:00-01:30		生活魔法師(首播)					
01:30-02:00	動物傳奇(重播) (English)	走進萬物(重播)	絲行天下(重播)	中國大舞臺(重播)	出彩中國人(重播)	味道(重播)	
02:00-02:30	經典電影(重播)	中國文化(首播)					
02:30-03:00		今日關注(重播)					
03:00-03:30		地理·中國(重播)	中國文化(重播)				經典電影(重播)
03:30-04:00		Fun Way to Learn Chinese(首播)				司馬白話(首播)	
04:00-04:30	等著我(重播)	電視劇《因為愛情有奇緣》(重播)(English Subtitles)					武林風(重播)
04:30-05:00	曉說(重播)	電視劇《小兒難養》(重播)(English Subtitles)					
05:00-05:30	走進萬物(重播)						中國大舞臺(重播)
05:30-06:00	開門大吉(重播)	檔案(重播)	司馬白話(重播)	地理·中國(重播)	易經(重播)	國際新聞 / 大陸新聞 / 台灣新聞	
06:00-06:30		早安·休斯敦(直播)					國際新聞 / 大陸新聞 / 台灣新聞
06:30-07:00							先鋒人物(重播)
07:00-07:30							
07:30-08:00	絲行天下(重播)	海峽兩岸(重播)					
08:00-08:30	中國輿論場(重播)	今日關注(首播)					游在中國(重播)
08:30-09:00		美南電視自製訪談《美南風雲人物》					檔案(首播)
09:00-09:30		走進萬物(首播)	快樂童年(重播)	中國大舞臺(首播)	出彩中國人(首播)	地理·中國(首播)	
09:30-10:00	文明之旅(重播)	粵語天地(重播)	明星加油站(首播)	洋言洋語(重播)	曉說(首播)	游在中國(首播)	經典電影(首播)
10:00-10:30		五味草堂(重播)					
10:30-11:00	早安休斯敦(重播)	早安休斯敦(重播) / 台灣新聞 / 國際新聞 / 大陸新聞					國際新聞 / 大陸新聞 / 台灣新聞
11:00-11:30	國際新聞 / 大陸新聞 / 台灣新聞						國際新聞 / 大陸新聞 / 台灣新聞
12:00-12:30	曉說(重播)						中國輿論場(首播)
12:30-13:00		美食風味(重播)	光臨健康園地(重播)	城市一對一(重播)	休士頓論壇(重播)	Howdy Philippines!(首播)	動物傳奇(重播) (English)
13:00-13:30	台灣心動線(重播)	生活(重播)					
13:30-14:00		電視劇《因為愛情有奇緣》(首播)(English Subtitles)					游在美國(首播)
14:00-14:30		卡通片《中華上下五千年》(首播)					我的留學生活(首播)
14:30-15:00							等著我(首播)
15:00-15:30							粵語天地(首播)
15:30-16:00	等著我(重播)	易經(重播)	武林風(重播)	開門大吉(重播)	武林風(重播)	地理·中國(重播)	台北博物館(首播)
16:00-16:30							家庭幽默大賽(首播)
16:30-17:00	中國文藝(重播)	台北博物館(重播)	地理·中國(重播)	幸福來敲門(首播1)	幸福來敲門(首播2)	開門大吉(首播)	司馬白話(重播)
17:00-17:30		美南新聞 / 台灣新聞 / 國際新聞 / 大陸新聞					國際新聞 / 大陸新聞 / 台灣新聞
17:30-18:00							Howdy Philippines!(重播)
18:00-18:30							游在美國(重播)
18:30-19:00							先鋒人物(重播)
19:00-19:30		美食風味	光臨健康園地(首播)	城市一對一	休士頓論壇(首播)	台灣心動線	生活(首播)
19:30-20:00		生活(重播)					絲行天下(首播)
20:00-20:30		電視劇《小兒難養》(首播)(English Subtitles)					快樂童年(重播)
20:30-21:00		海峽兩岸(首播)					中國文藝(重播)
21:00-21:30		健康之路(首播)					家庭幽默大賽(重播)
21:30-22:00			司馬白話(重播)				味道(首播)
22:00-22:30			明星加油站(重播)				中國輿論場(重播)
22:30-23:00							檔案(重播)
23:00-23:30		美南新聞 / 台灣新聞 / 國際新聞 / 大陸新聞					文明之旅(首播)
23:30-00:00							幸福來敲門(重播1)
							幸福來敲門(重播2)

# 張藝謀《影》揭秘“替身”由來

## 黑化歷程細思極恐導演劇組拍桌子舌戰眾人

張藝謀 ZHANG YIMOUI Director

正在熱映



由張藝謀執導，鄧超、孫儷、鄭愷、王千源、胡軍、王景春、關曉彤、吳磊主演的水墨動作電影《影》正在全國熱映中。今日，片方曝光“替身故事的由來”特輯，講述《影》背後的創作歷程，張藝謀領銜眾主創詮釋嶄新的“替身”故事。

《影》講述了壹個“替身”追逐自由的故事。出於對“替身”題材的偏愛，加上國內影史之中從未涉獵過相關內容，又巧遇朱蘇進原創本等原因，張藝謀心裏萌生了拍攝《影》的念頭。據今日發布的“替身故事的由來”特輯介紹，導演在影片創作之初，便討論決定要對“替身”這壹概念進行徹底顛覆，扭轉以往“替身”故事中影子隱姓埋名或是下場悲慘的命運。

為了構建出別具壹格的“替身”故事，張藝謀與幕後主創人員多次為劇情“爭執”，從暗黑悲劇和輕悲劇的選擇，到角色性格與出身的設定，再到“替身”結局走向的敲定，只為能夠打造出壹個令人滿意的劇本，為此，張藝謀在會議中多次激動地搖手甚至拍桌子，與團隊“舌戰”。

據悉，《影》從最初的構思到最終的誕生，前後歷時長達4年之久。

張藝謀這壹次在《影》中，打破了以往的個人風格，以黑白灰為主色調，二元哲學為內核，講述了壹個不壹樣的“替身”故事；他在劇作上精益求精，深度挖掘了人性中搖擺的灰度區間，通過“替身”的宿命反轉，呈現人心的復雜難測，同時也映射著中國人大到國事小到家事的為人處世哲學。

《影》上映後，真身與“替身”的身份博弈，成為了網友熱議的話題，本應淪為權謀遊戲中犧牲品的影子，在欲望的引誘、仇恨的牽引之下，有了思想，動了野心，形成了追尋自由的意誌；這也引發了觀眾們有關“究竟誰是誰的影子”、“境州反弑主是對是錯”、“影子‘黑化’的主要原因是什麼”的討論。

有網友表示：“誰是‘替身’不重要，重要的是利益之下各懷鬼胎的眾人們。”也有人表示：“相比唯美的畫面和激烈的打鬥，《影》最精彩的地方在於揭示了人性的微妙。”

# 林超賢《緊急救援》比“紅海”還炸裂

## 現身電影資料館展映交流 暢聊光影30年

林超賢日前現身中國電影資料館作品特別展映。當日放映了導演早期兩部代表作品《野獸刑警》和《江湖告急》。他親臨現場進行交流，暢談自己的30年電影之路，也首次透露了新作《緊急救援》的籌備消息，稱“呈現的效果將比《紅海行動》翻幾倍”。

9月30日，第三屆北京市華僑華人“京華獎”也舉行頒獎活動，林超賢導演因先後執導《湄公河行動》、《紅海行動》兩部展示中國精神、中國力量的優質影片，從而獲得殊榮。

1998年的《野獸刑警》和2000年的《江湖告急》都備受香港電影金像獎推崇，代表了林超賢在不同時期的風格嘗試，頗具鑒賞和研究價值。林超賢在映後現身現場，與觀眾對話影片的幕後故事與從影數十年的心路歷程。

對於早期兩部電影的創作背景和經過，他坦言：“這兩部電影拍攝的時候是香港電影最不景氣的階段，尤其是《江湖告急》，當時全香港只有兩個片在拍，其中壹部就是《江湖告急》。《野獸刑警》因為盜版的原因，電影公司不得不把55-60元壹張的影片降到25塊壹張。後面又開始金融風暴，可以說當時是雪上加霜。”

現場，林超賢談及自己電影之路，調侃道：“我趕上了香港電影最好的時候和最不好的時候，新藝城起步，加入電影圈是香港電影最繁榮的時期。等到我從工作



人員可以做到副導演、導演的時候，卻趕上了盜版猖獗和金融危機階段，我壹度想放棄當導演。到《證人》開始，才開始明白什麼樣的電影是我最自己最有感觸的，後面的幾部影片受大家的喜愛我很榮幸。”

林超賢也對新片做出了介紹：“11月會開拍了，已經籌備了非常長的時間，《緊急救援》將是壹次新的突破，新的挑戰，我可以肯定的和各位說，呈現的效果將比《紅海行動》翻幾倍。這次影片中的特效量，很多海上的場景等等都是我們第壹次經歷，我希望可以做到我們中國電影

另外壹個大家從來沒有見過的題材。預計會在明年5月拍完，然後進行8個月的後期制作。都是新的開始，希望可以成功。”

對於將要合作第四次的老搭檔彭於晏，導演也給出了超高評價：“彭於晏非常拼命和敬業，還有張家輝，他們都是自制力超強，不斷挑戰自己極限的演員，我希望這次給大家呈現壹個不壹樣的彭於晏。”而對於現場觀眾對於什麼時候彭於晏可以得壹個影帝的提問，林超賢導演也笑言：“影帝是需要時間的，但我相信他會的，很有機會。”

# 《解聘師》曝國際海報

## 《傲嬌與偏見》黃金創作班底再合體

近日，由李海蜀、黃彥威聯合編劇、執導的動作喜劇推理電影《解聘師》受邀出席“擁抱中國”迪拜中國電影周暨首屆迪拜華語電影節。影片在影展期間公布國際版先導海報。

據悉，《解聘師》將邀請大牌演員加盟，打造中國首個以職業為題材的系列電影，圍繞高智商的金牌解聘師和聖母心的菜鳥HR之間上演壹場解聘陰謀之戰。作為首部聚焦解聘師這壹職業的華語電影，解聘師的神秘工作模式將成為片中的壹大看點。

活動當天，電影節主辦方現場宣布，與影片達成戰略合作。《解聘師》將有望在迪拜政府的支持下，於當地取景拍攝。導演李海蜀、黃彥威表示，為了確保在影片拍攝中呈現更多酷炫的迪拜場景，團隊已經提前在迪拜勘景，迪拜塔、帆船酒店、旋轉摩天大樓等世

界級標誌性建築屆時說不定都會出現在電影中。

據了解，李海蜀、黃彥威兩位導演曾聯手炮制浪漫愛情喜劇電影《傲嬌與偏見》，還曾作為編劇參與成龍大哥的電影《神話》的創作，並且全程籌劃拍攝了劇版《神話》，同時更有《法醫秦明》銀幕版《生死語者·秦明》等作品。



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# 幹細胞療法 疼痛患者的大福音

## 什麼是「幹細胞療法」?

使用「幹細胞」來治療關節炎、膝關節受傷、腰背痛、肩膀痛、手腕或肘部痛、腳痛、足底筋膜炎等各種疼痛，不用開刀就能有效消除病痛。

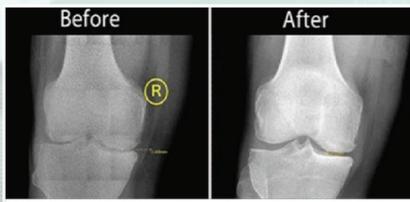
- 幹細胞(Stem Cells) 是指在原始階段、未分化的細胞，此細胞具備自我更新、分化與再生的能力。
- 幹細胞療法治療退行性疾病、和慢性疾病的開拓性方法，又被稱為再生醫學，能幫助身體重建修復，啟動抗病與醫療的新契機。
- 我們使用臍帶血幹細胞，由新生兒臍帶血所提煉而出，是目前五種幹細胞來源中最優良的，密度高，修復效果好。能幫助減少發炎、控制免疫系統、和幫助中樞神經系統的再生。
- 幹細胞療法是世界上自然、最有效的抗炎、抗病毒、抗菌、自我調節、和滋養身體的療法，為身體的免疫系統提供巨大的修復與治療能量來源。
- 「幹細胞療法」，沒有任何副作用，且比大多數的治療更便宜、更安全。

「幹細胞療法」通過FDA檢測，如果您曾經嘗試其他注射療法卻無明顯的效果，歡迎您來試試「幹細胞療法」。

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## 調節糖代謝 成就健康血糖

你知道嗎? 代謝和血糖一旦發生障礙，會出現血糖過高或過低現象，葡萄糖得不到有效利用，導致機體發生一系列代謝紊亂

### 三大途徑 ◆ 平穩控糖

**清除血糖毒素堆積:** 過高的血糖使血液粘稠度增加，血糖毒素在血管內長期堆積，嚴重堵塞末梢循環，從而引起身體各組織器官坏死。綠蜂膠有軟化血管和淨化血液的雙重功效，能瓦解糖毒素，清除血液中多餘糖代謝垃圾，疏通淤堵末梢循環。

**保持糖量代謝平衡:** 要維持血糖濃度相對穩定，必須保持血糖來源和去路的動態平衡。綠蜂膠能維持血糖穩定，當血糖不足時將各種管道生成的葡萄糖釋放入血液中；當血糖過高時又能及時被周圍組織及肝臟攝取利用，達到代謝平衡的目的。

**修復受損胰島細胞:** 綠蜂膠能增強胰島素受體敏感性，修復受損胰島細胞，促進糖原、脂肪和蛋白質的合成。血糖升高時能刺激胰島素分泌，降低血液中糖含量，加速糖原合成，分泌出高質量內源性胰島素，為人體細胞營造良好的代謝內環境。

**高血糖人群飲食指南**

每天最少喝6-8杯的清水  
每日定時定量進食，每餐需要相隔4-5個小時  
選擇高纖維食物，如：水果、蔬菜及全麥食物  
選用較低脂肪食物，烹調及進食時減少用油量  
避免進食油膩及煎炸食物，少吃高糖份的食物  
適量運動，每星期最少做150分鐘的有氧運動

Disclaimer: This statement has not been evaluated by FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. 保健品不可替代藥物，有病請先就醫。祝您和家人幸福健康!

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